

Critical Days of Summer 2008
Naval Safety Center

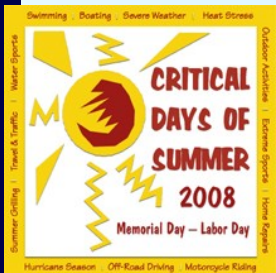


CRITICAL DAYS OF SUMMER 2008

A Message from the Naval Safety Center



Summer means fun for Sailors, Marines and DON civilians, but also is a high-risk period. Families take to the highways to visit friends and loved ones or to transfer between duty stations. The Critical Days of Summer between Memorial Day and Labor Day is an especially high-risk period because of increased travel and outdoor activities. Members of the Navy-Marine Corps team too often participate in trips or outdoor activities without giving risk management a thought. Prevent mishaps and avoid tragedy during these critical days by thinking beforehand about what you're going to do, whether taking a long trip or going to the beach. Always remember to **Work, Play, Live...Safely!**





CRITICAL DAYS OF SUMMER 2008

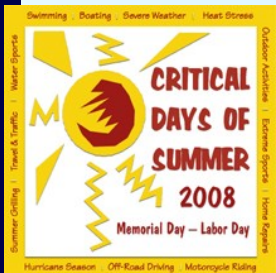


1. Killer of Sailors and Marines TRAFFIC MISHAPS

National Safety Council Fact Sheets revealed that **5.9 million motor vehicle crashes were reported in 2006**. These crashes resulted in 2.5 million injuries and 42,642 deaths - or about **117 deaths per day**.

It is estimated that **90%** of all motor vehicle crashes are attributable, at least in part, to **driver behaviors and attitudes**.

- **Fatal Factors in Traffic**
- **Traffic Safety Tips**



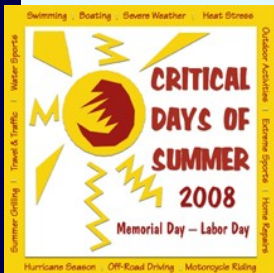


CRITICAL DAYS OF SUMMER 2008

Traffic Mishaps

FATAL FACTORS IN TRAFFIC MISHAPS

- Speeding
- Aggressive Driving
- Distracted Driving
- Drinking and Driving
- Drowsy Driving
- Not Using Seat Belts
- Failure to Yield the Right of Way





CRITICAL DAYS OF SUMMER 2008

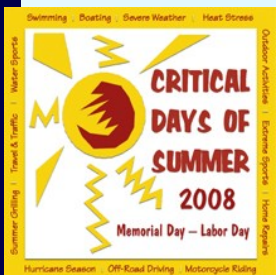
Traffic Mishaps

Fatal Factors

SPEEDING

Speeding is a contributing factor in crashes that kill approximately 12,000 people each year. Speeding reduces the time a driver has to avoid a crash and increases the likelihood and severity of the crash.

- Every 10 MPH traveled over 50 MPH doubles the risk of death if a crash occurs. For example, at 80 MPH the chances of dying if involved in a crash are eight times greater than at 50 MPH. On a 10-mile trip, this increased risk results in only four minutes of reduced travel time.



• **Safe at Any Speed**



CRITICAL DAYS OF SUMMER 2008

Traffic Mishaps

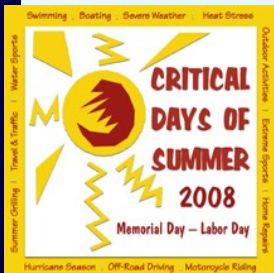
Fatal Factors

AGGRESSIVE DRIVING

Operating a vehicle in a way that endangers other people and property - such as improper passing, weaving in and out of traffic, or following too closely - compromises the safety of both the driver and everyone around them.

- Aggressive driving typically encompasses: speeding, tailgating, making frequent sudden lane changes, failure to yield right-of-way, and disregarding traffic signals. These types of behaviors cause over 50% of all crashes.
- Seemingly harmless maneuvers can be considered aggressive when performed knowingly or without regard for other drivers.
- Aggressive driving can escalate into “road rage,” which is defined as “using a vehicle as a weapon with intent to do harm or physical assault of an individual as a result of a traffic occurrence.” Committing road rage is a criminal offense.

—————● **Cool It On the Road**





CRITICAL DAYS OF SUMMER 2008

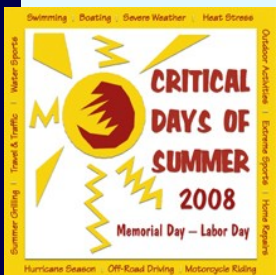
Traffic Mishaps

Fatal Factors

DISTRACTED DRIVING

It only takes a second for a crash to happen. Distractions occur when drivers concentrate on something other than operating their vehicles - such as engaging in cell phone conversations.

- The National Highway Traffic Safety Administration (NHTSA) estimates that 25% of all crashes involve some form of driver distraction.
- Drivers who use cell phones in their vehicles have a higher risk of collision than drivers who either do not use cell phones or have lower usage while driving.
- A recent NHTSA survey found that nearly 75% of drivers reported using their phone while driving, and an estimated 60% of cell phone use takes place behind the wheel.



● **Don't Drive
Distracted**



CRITICAL DAYS OF SUMMER 2008

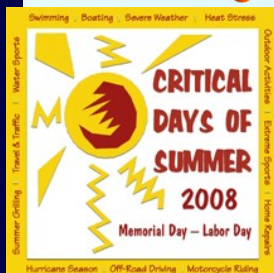
Traffic Mishaps

Fatal Factors

DRINKING AND DRIVING

Alcohol and driving are like water and oil. They don't mix! Alcohol accounts for as many as 24,000 deaths each year and 3 out of 10 people will be involved in an alcohol-related accident sometime in their lives. You can avoid becoming a statistic by being able to recognize a hazardous driver. Being able to spot a drunk driver may help you avoid an accident. The following is a list of warning signs to look for while you are driving:

- Drifting or weaving.
- Speeding or driving too slowly.
- Giving inconsistent signals.
- Braking erratically.
- Stopping for no apparent cause.
- Accelerating or slowing down rapidly.
- Driving with their head out of the window or with the window down in cold weather.



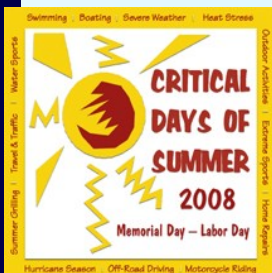
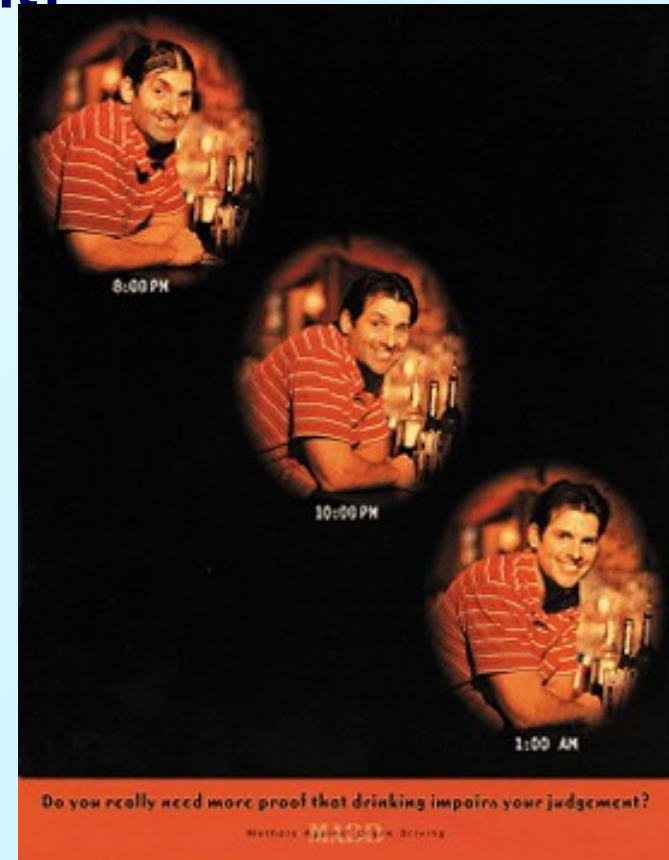
● **Drive to Arrive**



CRITICAL DAYS OF SUMMER

2008

Do you really need more proof that drinking impairs your judgement?





CRITICAL DAYS OF SUMMER 2008



Traffic Mishaps

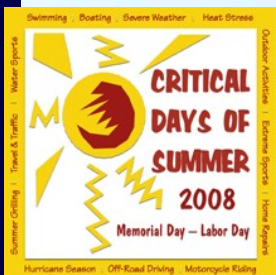
Fatal Factors

DROWSY DRIVING

Just like drugs or alcohol, sleepiness slows reaction time, decreases awareness, and impairs judgment. Just like drugs or alcohol, it can be fatal when driving.

- Death rates based on mileage are 2.5 times higher at night than during the day.
- 37% of drivers surveyed by NHTSA admitted to falling asleep at the wheel at some point in their driving career.
- The drivers at highest risk are:
 - third-shift workers
 - people that drive a substantial number of miles each day
 - people with prescribed medication with sedatives

**Stay Alert on
the Road**





CRITICAL DAYS OF SUMMER 2008

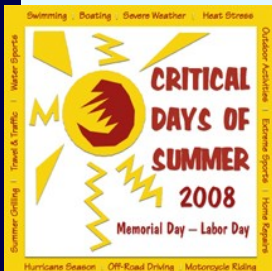
Traffic Mishaps

Fatal Factors

FAILURE TO YIELD THE RIGHT-OF-WAY

Failure to yield the right-of-way, America's second most common driver error, is not just a breach of driver etiquette, it's breaking the law!

- Right-of-way violations are reported as a factor in 16% of all accidents.



● **Mind Your Driving
Manners**



CRITICAL DAYS OF SUMMER 2008

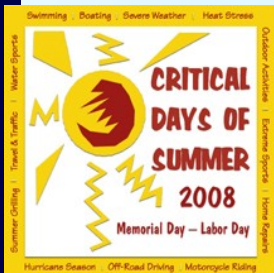
Traffic Mishaps

Fatal Factors

NOT USING SEAT BELTS

Traumatic injuries from motor vehicle crashes are the leading cause of death in the United States for persons 2 to 34 years of age; however, proper use of seat belts can reduce the risk of fatal injury to front seat passenger car occupants by 45 percent.

- Motor vehicle crashes are the leading cause of death for the military, outweighing other causes, including training accidents and combat. The Navy's PMV fatality rate for FY03-07 was 20.26 (598 deaths).
- Seventeen Sailors and Marines who died in FY07 4-Wheel PMV mishaps were known to have not been wearing seat belts (40% of the total). Only 26 were known to be wearing them.
- People who are ejected are 40 times more likely to die.



**Drive Smart.
Buckle Up!**



CRITICAL DAYS OF SUMMER 2008

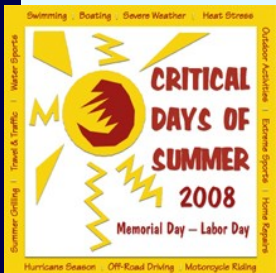


Traffic Mishaps

Motorcycle Safety

DON'T BE A MOVING TARGET!

Over two-thirds of car-motorcycle crashes are caused by drivers, not motorcyclists. The driver either does not see the oncoming motorcycle at all or does not see the motorcyclist in time to avoid a crash. Operating a motorcycle requires significantly more skill than operating an automobile. Riding places higher demands on reflexes, coordination, balance, and awareness; leaving little margin for error.



Motorcycle Safety Checklist



CRITICAL DAYS OF SUMMER 2008



**WET ROAD
CONDITIONS MAY BE
DANGEROUS.**

Traffic Mishaps

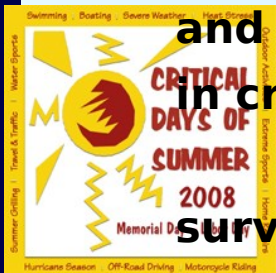
Driving in the Rain

Sometimes we have the privilege of preparedness; other times Mother Nature mounts a sneak attack and we encounter a storm. Remember the saying “Expect the Unexpected?” Knowing how to handle your vehicle in inclement weather will prevent panic when you are forced to drive in a storm.

Mar 08: An O-3 and family members were driving N on US-13, when they hydroplaned on wet roads, crossed median and struck a car carrier. The O-3 died from injuries suffered in crash. Speed was below

limit. All seatbelts worn. Family members hurt, but survived.

• Weather-Wise Safety Checklist



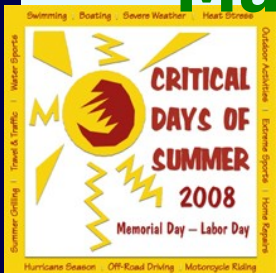


CRITICAL DAYS OF SUMMER

Traffic Mishaps

TRAFFIC SAFETY TIPS

- Safe at Any Speed
- Cool It On the Road
- Don't Drive Distracted
- Drive to Arrive
- Stay Alert On the Road
- Mind Your Driving Manners
- Drive Smart. Buckle Up
- Motorcycle Safety Checklist
- Weather-Wise Checklist
- Prepare Your Car, Yourself, and Your Driving Preparations Checklist





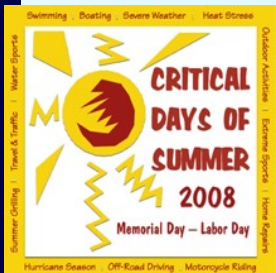
CRITICAL DAYS OF SUMMER 2008

SAFE SPEED

- Know the current speed limit.
- Assess current driving conditions and adjust your speed to those conditions. Under certain conditions, the posted limit may be too fast.
- Allow enough time to reach your destination. If you are running late, call ahead. Do not rush.
- Check and recheck the speedometer.
- Reduce speed in work and school zones. Be cautious and remain vigilant.
- Slow down when being tailgated to encourage the other driver to pass. Do not speed up.

Traffic Mishaps

Safety Tips



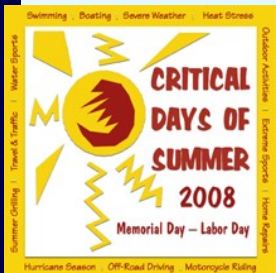


CRITICAL DAYS OF SUMMER 2008

COOL IT ON THE ROAD Traffic Mishaps

Safety Tips

- Drive in the appropriate lane and allow enough distance between your vehicle and the one ahead of you.
- Don't worry about the behavior of other drivers; concentrate on driving safely.
- Plan your trips with enough time so that you don't feel rushed.
- Don't drive when angry, upset, or overly tired.
- Listen to music or think about something pleasant. Make the space inside the vehicle comfortable.
- Personalize other drivers. Remember that every driver is someone's family member or friend.





CRITICAL DAYS OF SUMMER

2008

DON'T DRIVE DISTRACTED

Traffic Mishaps

Safety Tips

- Make adjustments to vehicle controls – such as radio, air conditioning, or mirrors – **before** beginning to drive or **after** the car is no longer in motion.
- Don't reach down or behind the driver's seat, pick up items from the floor, open the glove compartment, clean the inside windows, or perform personal grooming while driving.
- If you must use a cell phone:
 - Don't use the phone in demanding traffic situations.
 - Try to use a hands-free model.
 - Never take notes or look up a phone number while driving.
 - Use memory dialing or directory assistance while making calls from the car.
 - Designate a front-seat passenger to serve as "co-pilot" rather than fumble with maps.
- Keep your eyes on the road, hands on the wheel, and your mind on the drive.





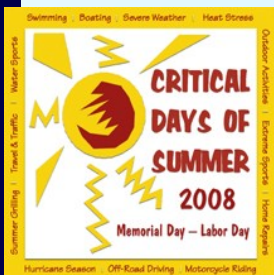
CRITICAL DAYS OF SUMMER 2008

DRIVE TO ARRIVE

Traffic Mishaps

Safety Tips

- It cannot be emphasized enough: **If you are drinking, do not drive!**
- Choose a designated driver. A designated driver is not someone who is the most sober; **it's someone who did not drink at all!**
- Strictly enforce a **zero-tolerance** policy when it comes to alcohol and the young drivers in your family. Give them the guidance they need to deal with peer pressure and to make wise choices.
- **Wear your seatbelt.** There is no better defense against drunk drivers.
- Enjoy food with your alcoholic beverages; don't drink on an empty stomach.
- Be a responsible host. If you're entertaining guests, don't let your friends drive home if they've had too much to drink. Call them a cab or ask them to spend the night.



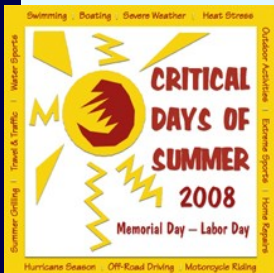


CRITICAL DAYS OF SUMMER 2008

Traffic Mishaps

STAY ALERT ON THE ROAD *Safety Tips*

- Maintain a regular sleep schedule that allows **adequate rest**.
- Learn to recognize the symptoms of fatigue:
 - Eyes closing or going out of focus
 - Persistent yawning
 - Irritability, restlessness, and impatience
 - Wandering or disconnected thoughts
 - Inability to remember driving the last few miles
 - Drifting between lanes or onto shoulder
- When the signs of fatigue begin to show, **get off the road!** Take a short nap in a well-lit area. **Do not** simply stop on the side of the road.
- When planning long trips:
 - Share driving responsibilities with a companion.
 - Begin the trip early in the day.
 - Stop every 100 miles or 1 ½ to 2 hours and get out of the car and walk around; exercise improves blood circulation and helps combat fatigue.
- Avoid driving between 12 a.m. and 6 a.m.





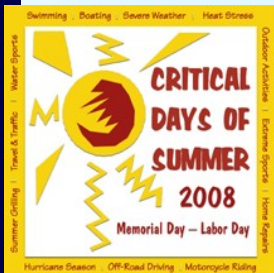
CRITICAL DAYS OF SUMMER 2008

MIND YOUR DRIVING MANNERS

Traffic Mishaps

Safety Tips

- Take caution when entering the roadway from a private drive. You must yield right-of-way to vehicles, bicycles, and pedestrians.
- When approaching an intersection:
 - Cover the brake. Covering the brake cuts three-fourths of a second off your reaction time to stop.
 - Observe yield signs and yellow lights. Slow down to assess the intersection before deciding to stop or proceed through
 - Delay acceleration. When stopped at an intersection, make sure it's clear before you accelerate.
 - Use the "rule of thirds." In the first third of the block, accelerate to a safe and legal speed. In the second third, maintain speed. In the final third, cover the brake.
- Reduce speed and yield to pedestrians in work zones and school zones.

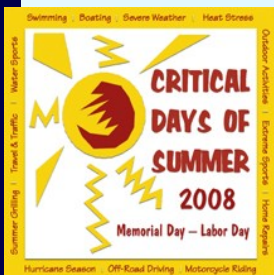




CRITICAL DAYS OF SUMMER 2008

DRIVE SMART. BUCKLE UP! *Traffic Mishaps Safety Tips*

- Buckle up even when only driving a short distance. **Three of four fatal crashes occur within 25 miles of home.**
- If you wear a seat belt every time you get into a vehicle, you're more likely to:
 - **Get to where you're going on time.** Wearing a seat belt isn't just a good idea, it's the law!
 - **Hold onto your hard-earned cash.** Seat belt tickets can mean hefty fines and, in some places, points on your license.
 - **Prevent disabling injuries and scarring.** Every 15 seconds, someone is injured in a traffic crash. If you're not buckled up, you could be thrown through a window, sent skidding along the pavement or be crushed under a vehicle in a crash.
 - **Live.** Someone is killed in a crash every 13 minutes. However, seat belts save over 11,000 lives each year, and they can help you maintain control of your car in a crash.

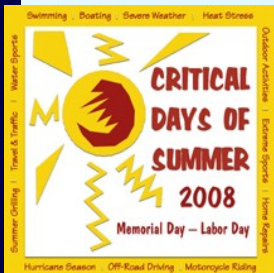




CRITICAL DAYS OF SUMMER 2008

DRIVE SMART. BUCKLE UP! **Traffic Mishaps** *Safety Tips*

- **Set the example.** Teen deaths occur four times more often in vehicles with TWO or MORE people. Children and younger brothers/sisters imitate behavior they see.
- If you're driving with small children, make sure they are secured properly in age-appropriate child safety seat.





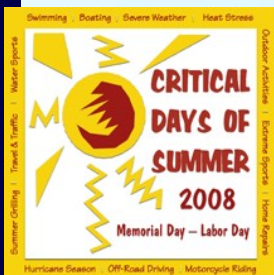
CRITICAL DAYS OF SUMMER 2008

Traffic Mishaps

Motorcycle Safety

MOTORCYCLE SAFETY CHECKLIST

- Don't assume that you are visible to a driver.
- Use high beams rather than low beams and consider using a modulating headlight if your state allows it.
- Clearly communicate your intentions by signaling appropriately.
- Make sure your motorcycle "fits" you by adjusting handlebars, suspension and floorboards well in advance of your trip.
- Wear bright clothing; dress in layers.





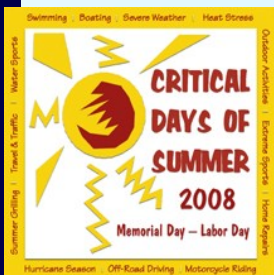
CRITICAL DAYS OF SUMMER 2008

Traffic Mishaps

Motorcycle Safety

MOTORCYCLE SAFETY CHECKLIST

- Never ride in someone's blind spot and always expect the unexpected.
- Plan your trip and check road and weather conditions before embarking.
- Make sure you stay within the recommended load capacity of your motorcycle.
- Safety courses should be taken on a regular basis, regardless of riding experience. Refer to OPNAVINST 5100.12H, dtd 7 Mar 08.





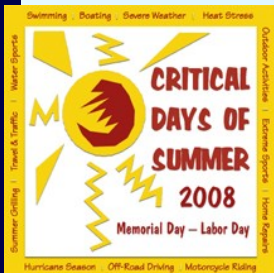
CRITICAL DAYS OF SUMMER 2008

WEATHER-WISE SAFETY CHECKLIST

- Understand that visibility is often impaired; turn on your lights.
- Keep windshield wipers on and make sure they are in good condition.
- Use the defroster or air conditioner to cut the condensation on the inside of the windows.
- Slow down, but keep moving. Don't stop unless you can get completely off the road.
- Be careful of large puddles, they can make your brakes less effective.

Traffic Mishaps

Motorcycle Safety





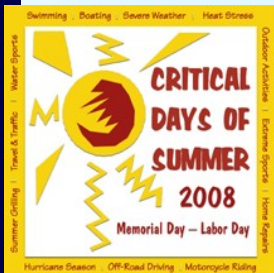
CRITICAL DAYS OF SUMMER 2008

WEATHER-WISE SAFETY CHECKLIST

- Never drive through flood water more than six inches deep. If you encounter a flooded area, turn around. If your car stalls, abandon it immediately, and climb on higher ground.
- Antilock brakes are designed to overcome a loss of steering control. To make antilock brakes work correctly, or work at all, you should apply constant, firm pressure to the pedal.
- Stay farther behind the car in front of you and minimize lane changing.

Traffic Mishaps

Motorcycle Safety





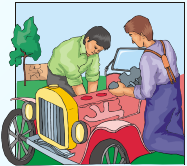
CRITICAL DAYS OF SUMMER 2008

PREPARE YOURSELF, YOUR PASSENGERS, YOUR VEHICLE

Traffic Safety Tips

You may have taken any number of long road trips before and think you know just how to do it right. When you make a plan, however consider these points:

● About your car

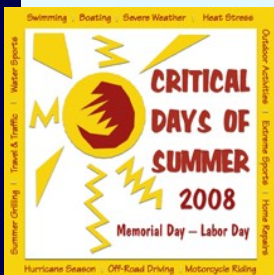


Obviously, you will want to make sure that your tires have good treads and are inflated properly. Make sure all fluids are at the right levels and there are no leaks. Once on the road, keep an eye on warning lights indicating operational problems.

● About yourself



Get a good night's rest before you head for the road. Remember that hunger and lack of exercise can contribute to fatigue caused by driving for long periods of time. Know where you can stop, eat, exercise, and nap before you leave.





CRITICAL DAYS OF SUMMER 2008

PREPARE YOURSELF, YOUR PASSENGERS, YOUR VEHICLE

You may have taken any number of long road trips before and think you know just how to do it right. When you make a plan, however consider these points:

Traffic Safety Tips

● About other drivers

Know how you will react when another driver cuts you off or makes a rude gesture. There are thousands of roadway aggression incidents each year. The National Highway Traffic Safety Administration estimates that about one-third of all motor-vehicle collisions could be traced to aggressive driving.



● About your passengers

It's a good idea to have one of your passengers be a licensed driver so you can alternate driving. Be sure to take with you any medications those in the car might need. If you are taking kids, then games, videos, and light snacks will keep them entertained. And remember, everyone in the car must be belted.



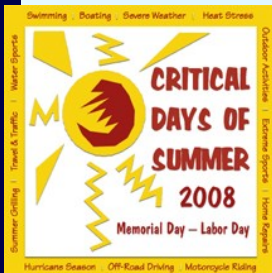


CRITICAL DAYS OF SUMMER 2008

Traffic Mishaps

DRIVING PREPARATIONS CHECKLIST

- ☒ Make sure your car is in good working condition. Check belts, hoses, tires, and fluids.
- ☒ Prepare for the unexpected. Have a properly inflated spare tire, a cell phone, a first-aid kit, a flashlight, an auto service card, fire extinguisher, water, and blanket.
- ☒ Check doors locking mechanism, windows, car alarm (if your car doesn't have one, get a club for your steering wheel).
- ☒ Carry enough cash for food and gas.
- ☒ Don't forget health insurance cards, medications, and emergency phone numbers.



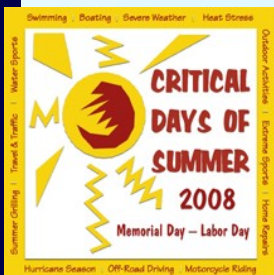


CRITICAL DAYS OF SUMMER 2008

Traffic Mishaps

DRIVING PREPARATIONS CHECKLIST

- ☒ Familiarize yourself with the map, check road and weather conditions, and listen to traffic advisories.
- ☒ Make sure the doors lock properly and the windows roll up or down.
- ☒ If traveling with young children, make sure their child safety seats are in good condition. Inspect for wear and tears, check car seat recall websites, or visit your local fire station for proper installation.
- ☒ Notify relatives and trusted friends of your travel itinerary.





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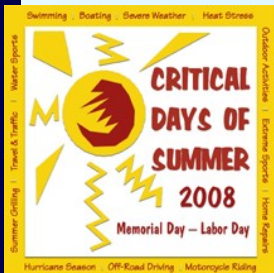


The No. 1 Cause of Injuries

RECREATION AND OFF-DUTY MISHAPS

The beginning of summer means it's time to play ball, go fishing, hike, camp, or just have a backyard barbecue. Whatever your pleasure, apply risk management when planning those activities. Most of the things that can hurt you or go wrong are easy to anticipate and avoid. We can take active steps to keep our success in Operation Iraqi Freedom from being marred by mishaps on leave or liberty.

- **Leading Causes of Recreation Deaths & Injuries**
- **Recreation Safety and Survival Tips**



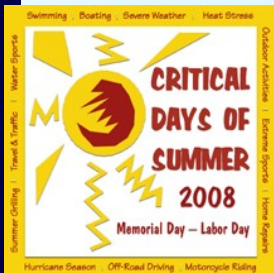


CRITICAL DAYS OF SUMMER 2008

Recreation and Off-Duty Mishaps

LEADING CAUSES OF RECREATION DEATHS AND INJURIES

- Drowning
- Falls
- Outdoor Recreation
- Team and Contact Sports
- Water Sports





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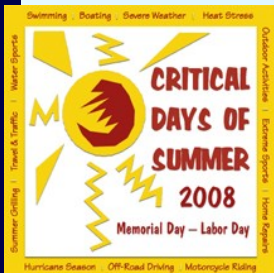
Recreation and Off-Duty Mishaps

DROWNING

*Leading Causes of Deaths
& Injuries*

Each year hundreds of lives are lost...thousands are injured...and millions of dollars of property damage occurs because of preventable recreational boating accidents on U.S. waterways. Too often pleasure outings turn tragic. You - as a boat operator, passenger, or concerned individual - can make a difference.

- The boating accidents reported in 2006 resulted in 710 fatalities, 3,474 injuries, and \$43,670,424 in property damage.
- Overall, two-thirds of all fatal boating accident victims drowned. Of those who drowned, ninety (90) percent of the victims were not wearing their life jacket. Eight out of every ten boaters who drowned were using boats less than 20 feet in length.
- Operator inattention, carelessness/reckless operation, operator inexperience, and excessive speed are the leading contributing factors of all reported accidents.



Source: U.S. Coast Guard Boating Statistics 2002.

• **Stay
Afloat**



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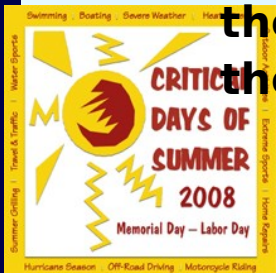
Recreation and Off-Duty Mishaps

*Leading Causes of Deaths
& Injuries*

OUTDOOR RECREATION

Many families will head to community parks and national forests this summer to enjoy the great outdoors and participate in activities such as camping, hiking, desert trips, and ATV or bike riding. Some will choose to stay home for backyard cook-outs and park outings. Part of this summer adventure is surviving the outdoor elements that can be unpredictable, such as adverse weather conditions and wild animals or poisonous insects. Being prepared for the elements that may cause injuries or fatalities will make the summer memorable.

**Surviving the
Elements**





CRITICAL DAYS OF SUMMER 2008

Recreation and Off-Duty Mishaps

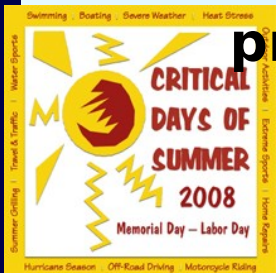
*Leading Causes of Deaths
& Injuries*



TEAM AND CONTACT SPORTS

Team sports produce more injuries for Sailors and Marines than any other recreational activity. Basketball has the highest percentage of disabling injuries among team sports. Softball and football are the next largest producers of lost-time injuries.

..... • **Playing It
Safe**





CRITICAL DAYS OF SUMMER 2008



Recreation and Off-Duty Mishaps

*Leading Causes of Deaths
& Injuries*

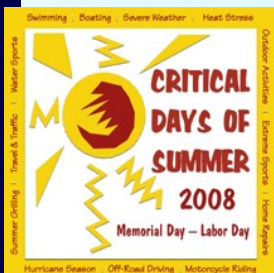
WATER SPORTS

A variety of factors contribute to water-sport mishaps. Too many people do not consider the danger of rough water conditions and underestimate the power of their watercraft. Exercise risk management before boarding any water craft. Identify the hazards and make sound decision

- In 2006 recreational boaters were involved in 234 accidents involving motor or propeller strikes. Twenty-eight of these resulted in death.
- Recent boating fatalities revealed that carbon monoxide [CO] emitted from a vessel's exhaust resulted in CO poisoning and the death of teak surfers.
-

The most common types of boats involved in reported accidents were open motorboats (45%), personal watercraft (PWC) (24%) and cabin motorboats (14%) . An increase was observed in reported fatalities associated with the use of canoes/kayaks (99) when compared to 2005 (78).

**You Are the Key to
Water Safety**





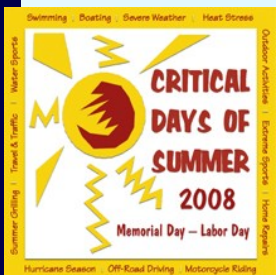
CRITICAL DAYS OF SUMMER 2008

Recreation and Off-Duty Mishaps

Safety and Survival Tips

STAY AFLOAT...IN YOUR BOAT

- Always use approved personal floatation devices (life jackets), and make sure your passengers do, as well. The U.S. Coast Guard estimates nearly 9 of 10 drowning victims were not wearing one.
- Learn to swim. Sooner or later, you're going in, and you don't want to have to rely on a life preserver or a fellow boating passenger.
- Don't drink while boating. It leaves you tipsy, both mentally and physically. More than half of the people who drown in boating accidents had been drinking.





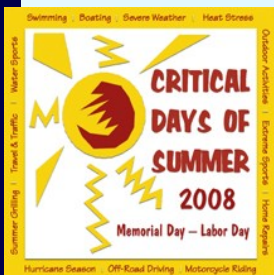
CRITICAL DAYS OF SUMMER 2008

Recreation and Off-Duty Mishaps

Safety and Survival Tips

STAY AFLOAT...IN YOUR BOAT

- Before you launch, tell someone where you're headed and when you'll be back at the dock. In an emergency, rescuers will need to know where to start looking.
- Keep learning about boats and the water. Groups including the U.S. Power Squadron and the Coast Guard Auxiliary teach classes in navigation, weather and emergency procedures.
- Check the forecast and watch the weather while you're underway. If you see or hear a storm, get back to land.





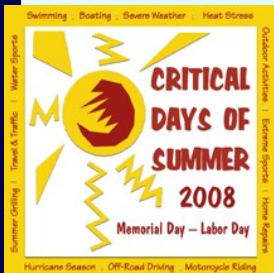
CRITICAL DAYS OF SUMMER 2008

Recreation and Off-Duty Mishaps

Safety and Survival Tips

STAY AFLOAT...IN THE POOL

- Always have a first-aid kit and emergency phone contacts handy.
- Adults should be trained in CPR (cardiopulmonary resuscitation).
- Always use approved personal floatation devices (life jackets.)
- Barriers can offer added protection against drowning. Power or manual covers will completely cover a pool and block access to the water, however, be sure to drain any standing water from the surface of the pool cover as a child can drown in very small amounts of water.





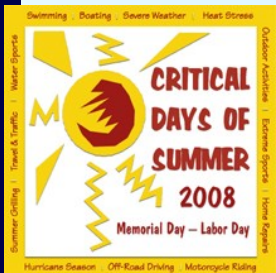
CRITICAL DAYS OF SUMMER 2008

Recreation and Off-Duty Mishaps

Safety and Survival Tips

STAY AFLOAT...IN THE POOL

- Remove toys from in and around the pool when not in use. They can attract children to the pool.
- **Never** leave a child alone near water – at the pool, the beach or in the tub.
- Enroll children over age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."
- Older children risk drowning when they overestimate their swimming ability or underestimate the water depth.





CRITICAL DAYS OF SUMMER 2008



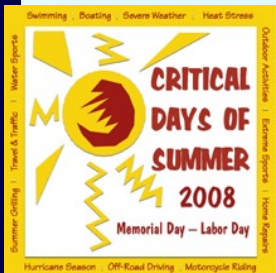
Recreation and Off-Duty Mishaps

Safety and Survival Tips

SURVIVING THE ELEMENTS: CAMPING

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Check weather forecasts before you leave.
- Use water-repellant and wind-resistant material for tents and sleeping bags.
- Wear proper fitting layer clothing, boots & cap.
- Apply insect repellent and/or mosquito netting.





CRITICAL DAYS OF SUMMER 2008



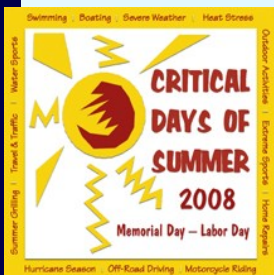
Recreation and Off-Duty Mishaps

Safety and Survival Tips

SURVIVING THE ELEMENTS: CAMPING

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Bring a cooler for perishable foods.
- Do not use combustible materials within 10 feet of campfire.
- If you have a medical condition, check with your physician before heading out.
- Pack a first-aid kit; include special medications for members of your group.





CRITICAL DAYS OF SUMMER 2008



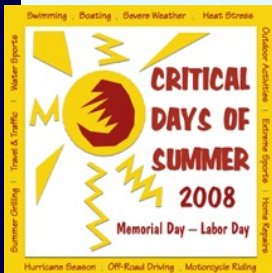
Recreation and Off-Duty Mishaps

Safety and Survival Tips

SURVIVING THE ELEMENTS: HIKING

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Review supplies, equipment, and skills you may need: backpack, first-aid kit, flashlight, compass, maps, whistle.
- Always hike with a buddy or a group. In case someone is hurt, another can stay with the victim while two go for help. Always tell someone where you're heading.
- Wear absorbent clothing to prevent hypothermia in case of exposure to water or cold temperature. Layer your clothing.
- Wear hiking boots and waterproof them before heading out. Break-in brand-new boots before your hike.





CRITICAL DAYS OF SUMMER 2008

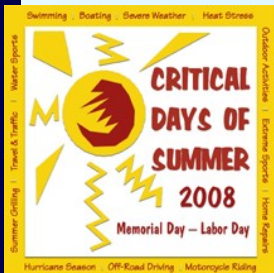
Recreation and Off-Duty Mishaps

Safety and Survival Tips

SAFETY ON THE WHEELS: BICYCLES AND NON-POWERED SCOOTERS

The best way to help guarantee a good time for all is to plan ahead carefully and follow these safety precautions:

- Always wear a properly-fitted helmet. Use of Consumer Product Safety Commission (CPSC)-approved bicycle helmet is mandatory when riding on DON installations.
- Do not use portable headphones or other listening devices while riding.
- Wear light-colored clothing in the daytime and reflective gear for nighttime.
- Pay attention to obstacles. Losing control because of excessive speed, alcohol, maneuvering to avoid other vehicles or pedestrians lead the way to bicycling mishaps.
- Ride with traffic and avoid high-density areas such as boardwalks and busy intersections, if possible.



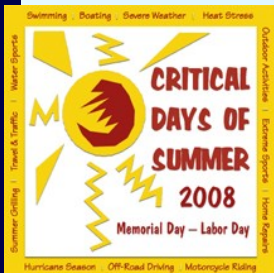


CRITICAL DAYS OF SUMMER 2008

Recreation and Off-Duty Mishaps

SAFETY ON THE WHEELS: *Safety and Survival Tips* OFF-ROAD MOTORCROSS ATVs

- Training is a must when riding these recreational vehicles. For required training, contact your base safety office.
- PPE required for off-road motorcycles and all-terrain vehicles (ATVs):
 - A Department of Transportation-approved helmet with fastened chin strap.
 - Impact or shatter-resistant eyeglasses, goggles, or face shield attached to the helmet.
 - Brightly colored outer upper garment during the day and a reflective outer garment during the night. Wear long-sleeved shirt or jacket, long-legged trousers and full-finger leather or equivalent gloves and sturdy footwear.
- Do not drink alcohol before or during operation of these vehicles.
- Use a buddy system and stay on designated trails.





CRITICAL DAYS OF SUMMER 2008



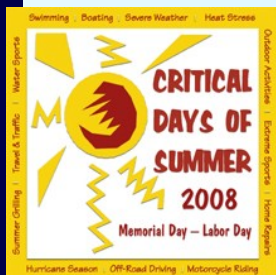
Recreation and Off-Duty Mishaps

Safety and Survival Tips

FIREWORKS

The U.S. Consumer Product Safety Commission (CPSC) monitors a sample of hospital rooms and produces annual injury estimates associated with a number of consumer products based upon the injuries that are recorded on these selected hospitals. Using this data, CPSC estimates that 9,200 people were treated for fireworks-related injuries in 2006.

- Attend professional displays.
- If you decide to have a display make sure fireworks are legal.
- Never try to relight fireworks that have not fully functioned.
- Keep fireworks away from children.
- Check the package for instructions on storage and use.
- Keep a bucket of water in case of a malfunction or fire.





CRITICAL DAYS OF SUMMER 2008



Recreation and Off-Duty Mishaps

Safety and Survival Tips

COOK-OUTS & GRILLING

The big hazards: mixing charcoal with gasoline or lighter fluid, or using an improperly vented propane grill.

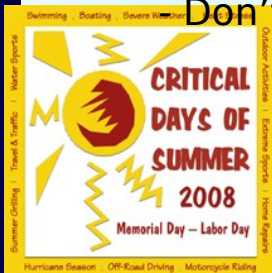
Cooking On Charcoal Grills

- Place grill in well-ventilated area and away from children's play area.
- Wear tight fitting clothing.
- Stand up-wind when lighting the fire.
- Don't use flammable liquids such as gasoline to start or relight coals.
- Don't leave the grill.

Don't dispose of hot coals.

Cooking With Propane Grills

- Place grill in well-ventilated area and away from children's play area.
- Check valves and hoses for leaking gas.
- Read manufacturer's instructions when lighting grill.
- Raise hood before turning on gas.
- Transport and store gas cylinders in an upright position.





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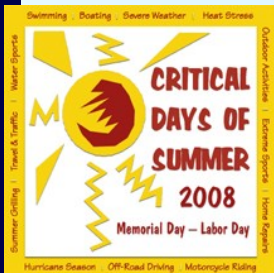
Recreation and Off-Duty Mishaps

Safety and Survival Tips

AVOIDING HEAT

EXPOSURE Summer is when the potential for heat injuries increases. Heat injuries are preventable.

- Drink fluids in the right amount to avoid dehydration and hyponatremia (deficiency of sodium in the blood).
- Wear light-colored, loose-fitting clothing.
- Wear a wide-brimmed hat to keep your head and face cool, and for added protection from damaging sun exposure. The neck, face and ears should be protected.
- Wear sunscreen that has an SPF of at least 15. Make sure children are also adequately protected.
- Monitor those at risk - previous heat injury/elderly.
- On the job, follow work/rest cycles.
- Good physical conditioning and proper weight is key.





CRITICAL DAYS OF SUMMER 2008

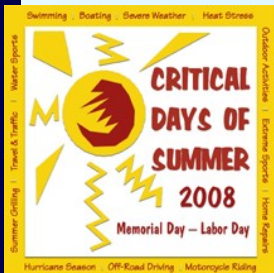
Recreation and Off-Duty Mishaps

Safety and Survival Tips

PREVENTING HEAT

INJURIES Heat stroke, heat exhaustion, heat cramps and heat rash are possible when you overexert in the heat. Know the signs and how to minimize risk.

- **Heat Cramps.** Heavy sweating; painful spasms usually in the leg or abdomen muscles. **Provide cool water, shade, and monitor.**
- **Heat Exhaustion.** Person experiences nausea, dizziness, weakness, headache, pale and moist skin, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, fainting spells. **Provide water, shade, elevate feet and seek immediate medical attention.**
- **Heat Stroke.** Person experiences headache, dizziness, confusion, rapid/strong pulse, and hot dry skin, high body temperature of 106 or higher possibly leading to vascular collapse, coma, and death. **Move to a cool shaded area, soak victim with water and fan, elevate feet and seek immediate medical attention. This is a medical emergency.**





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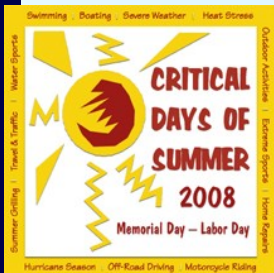
Recreation and Off-Duty Mishaps

Safety and Survival Tips

AVOIDING LIGHTNING INJURIES

Florida, Michigan, Pennsylvania and North Carolina along with New York were the top five states for lightning-related injuries and deaths. These states have large concentrations of Military personnel.

- Stay inside away from doors and windows; avoid contact with corded phones, electrical equipment or cords and plumbing (don't wash hands, shower, wash dishes or do laundry).
- If outdoors, stay away from water, metal objects and trees. Crouch down, put your feet together, duck your head, place hands over ears to minimize hearing damage from thunder.





CRITICAL DAYS OF SUMMER 2008



Recreation and Off-Duty Mishaps

Safety and Survival Tips

PLAYING IT SAFE

- Make sure you have the proper skills and training before participating in any sport.
- Use the proper protective gear for a particular sport. This may lessen the chances of being injured.
- Minimize the chance of muscle strain or other soft-tissue injury by warming up before starting. Cool down later to loosen the body's muscles.
- Apply sunscreen and wear a hat (where possible) to reduce the chance of sunburn.
- If a person receives a soft-tissue injury (a sprain or a bone injury), immediate treat with RICE (Rest, Ice, Compression, Elevation).
- Schedule frequent water breaks during practices and games, and use misting sprays to keep the body cool.

